

**WHAT IS CLAIMED IS:**

1. A bicycle handlebar comprising:

a central fitting section and two wings integrally connected to two ends of the central fitting section, each wing having a tear-shaped cross section including a long axis and a short axis which orthogonally intersects the long axis at a intersection point, a distance from the intersection point to a front end of each of the tear-shaped wings being longer than a distance from the intersection point to a rear end of each of the tear-shaped wings.

2. The handlebar as claimed in claim 1, wherein the central fitting section has a circular cross section.

3. The handlebar as claimed in claim 1 further comprising two armrests each having a recess defined in an outer periphery thereof and the central fitting section being engaged with the recess of each of the two armrests.

4. The handlebar assembly as claimed in claim 3 further comprising two C-shaped members which are mounted to the central fitting section and two bolts extending through two ends of each of the C-shaped members and connected to the two armrests.